



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 15033, Fish, haddock, raw

Report Date: June 25, 2017 18:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	83.38	--	0.748	81.19	86.15	7.0	81.615	85.152	1	Analytical or derived from analytical	--	07/2010
Energy	kcal	74	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	309	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Protein ¹	g	16.32	--	0.818	12.88	18.44	7.0	14.385	18.256	1	Analytical or derived from analytical	--	07/2010
Total lipid (fat) ¹	g	0.45	--	0.024	0.33	0.55	7.0	0.392	0.508	1	Analytical or derived from analytical	--	07/2010
Ash ¹	g	1.28	--	0.098	1	1.72	7.0	1.045	1.51	1	Analytical or derived from analytical	--	07/2010
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Minerals													
Calcium, Ca ¹	mg	11	--	1.232	5	15	7.0	8.151	13.977	1	Analytical or derived from analytical	--	07/2010

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Iron, Fe 1	mg	0.17	--	0.011	0.13	0.23	7.0	0.142	0.195	1	Analytical or derived from analytical	--	07/2010
Magnesium, Mg 1	mg	21	--	1.026	17	25	7.0	18.673	23.527	1	Analytical or derived from analytical	--	07/2010
Phosphorus, P 1	mg	227	--	21.991	183	341	7.0	175.125	279.125	1	Analytical or derived from analytical	--	07/2010
Potassium, K 1	mg	286	--	24.153	192	360	7.0	229.263	343.487	1	Analytical or derived from analytical	--	07/2010
Sodium, Na 1 a	mg	213	--	55.182	76	452	7.0	82.541	343.509	1	Analytical or derived from analytical	--	07/2010
Zinc, Zn 1	mg	0.32	--	0.012	0.28	0.38	7.0	0.296	0.353	1	Analytical or derived from analytical	--	07/2010
Copper, Cu 1	mg	0.021	--	0.002	0.02	0.03	7.0	0.017	0.025	1	Analytical or derived from analytical	--	07/2010
Manganese, Mn 1	mg	0.011	--	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	07/2010
Selenium, Se 1	µg	25.9	--	1.208	23	33.5	7.0	23.068	28.782	1	Analytical or derived from analytical	--	07/2010
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987

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Thiamin ¹	mg	0.020	--	0.000	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	07/2010
Riboflavin ¹	mg	0.057	--	0.015	0.03	0.08	2.0	-0.006	0.119	1	Analytical or derived from analytical	--	07/2010
Niacin ¹	mg	3.363	--	0.264	2.96	3.86	2.0	2.228	4.499	1	Analytical or derived from analytical	--	07/2010
Pantothenic acid ¹	mg	0.403	--	0.131	0.23	0.66	2.0	-0.16	0.967	1	Analytical or derived from analytical	--	07/2010
Vitamin B-6 ¹	mg	0.281	--	0.028	0.24	0.33	2.0	0.162	0.399	1	Analytical or derived from analytical	--	07/2010
Folate, total	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folate, DFE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Choline, total	mg	65.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12 ¹	µg	1.83	--	0.176	1.5	2.1	2.0	1.074	2.592	1	Analytical or derived from analytical	--	07/2010
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Retinol	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol) ¹	mg	0.45	--	0.015	0.42	0.47	2.0	0.384	0.516	1	Analytical or derived from analytical	--	07/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Tocopherol, gamma ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Tocopherol, delta ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Vitamin D (D2 + D3) ¹	µg	0.5	--	0.093	0.3	0.6	2.0	0.059	0.856	1	Analytical or derived from analytical	--	07/2010
Vitamin D3 (cholecalciferol) ¹	µg	0.5	--	0.093	0.3	0.6	2.0	0.059	0.856	1	Analytical or derived from analytical	--	07/2010

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Vitamin D ¹	IU	18	--	3.664	11	24	2.0	2.636	34.164	1	Analytical or derived from analytical	--	07/2010
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lipids													
Fatty acids, total saturated	g	0.091	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
8:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0 ¹	g	0.001	--	0.000	0	0	7.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2010
14:0 ¹	g	0.004	--	0.000	0	0.01	7.0	0.003	0.005	1	Analytical or derived from analytical	--	07/2010
15:0 ¹	g	0.001	--	0.000	0	0	7.0	0.001	0.001	1	Analytical or derived from analytical	--	07/2010
16:0 ¹	g	0.063	--	0.006	0.04	0.09	7.0	0.048	0.078	1	Analytical or derived from analytical	--	07/2010

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17:0 1	g	0.001	--	0.000	0	0	7.0	0.001	0.001	1	Analytical or derived from analytical	--	07/2010
18:0 1	g	0.020	--	0.001	0.01	0.02	7.0	0.018	0.023	1	Analytical or derived from analytical	--	07/2010
20:0 1	g	0.000	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	07/2010
22:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
24:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Fatty acids, total monounsaturated	g	0.061	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
14:1 1	g	0.001	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
15:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
16:1 undifferentiated 1	g	0.004	--	0.001	0	0.01	7.0	0.003	0.005	1	Analytical or derived from analytical	--	07/2010
16:1 c 1	g	0.003	--	0.000	0	0.01	7.0	0.002	0.004	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 t ¹	g	0.001	--	0.000	0	0	7.0	--	0.001	1	Analytical or derived from analytical	--	07/2010
17:1 ¹	g	0.006	--	0.002	0	0.01	7.0	0.002	0.01	1	Analytical or derived from analytical	--	07/2010
18:1 undifferentiated ¹	g	0.039	--	0.004	0.02	0.05	7.0	0.03	0.048	1	Analytical or derived from analytical	--	07/2010
18:1 c ¹	g	0.037	--	0.004	0.02	0.05	7.0	0.027	0.046	1	Analytical or derived from analytical	--	07/2010
18:1 t ¹	g	0.003	--	0.000	0	0	7.0	0.002	0.003	1	Analytical or derived from analytical	--	07/2010
20:1 ¹	g	0.005	--	0.001	0	0.01	7.0	0.003	0.007	1	Analytical or derived from analytical	--	07/2010
22:1 undifferentiated ¹	g	0.002	--	0.000	0	0	7.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2010
22:1 c ¹	g	0.002	--	0.000	0	0	7.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2010
22:1 t ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
24:1 c ¹	g	0.004	--	0.000	0	0.01	7.0	0.003	0.005	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.166	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:2 undifferentiated ¹	g	0.015	--	0.002	0.01	0.03	7.0	0.01	0.021	1	Analytical or derived from analytical	--	07/2010
18:2 n-6 c,c ¹	g	0.014	--	0.002	0.01	0.03	7.0	0.009	0.02	1	Analytical or derived from analytical	--	07/2010
18:2 CLAs ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
18:2 t not further defined ¹	g	0.001	--	0.000	0	0	7.0	0.001	0.001	1	Analytical or derived from analytical	--	07/2010
18:3 undifferentiated ¹	g	0.002	--	0.000	0	0	7.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2010
18:3 n-3 c,c,c (ALA) ¹	g	0.002	--	0.000	0	0	7.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2010
18:3 n-6 c,c,c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
18:4 ¹	g	0.002	--	0.000	0	0	7.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2010
20:2 n-6 c,c ¹	g	0.001	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated ¹	g	0.002	--	0.000	0	0	7.0	0.001	0.003	1	Analytical or derived from analytical	--	07/2010
20:3 n-6 ¹	g	0.001	--	0.000	0	0	7.0	--	0.002	1	Analytical or derived from analytical	--	07/2010
20:4 undifferentiated ¹	g	0.009	--	0.001	0.01	0.01	7.0	0.007	0.011	1	Analytical or derived from analytical	--	07/2010
20:5 n-3 (EPA) ¹	g	0.042	--	0.003	0.02	0.05	7.0	0.033	0.05	1	Analytical or derived from analytical	--	07/2010
22:4 ¹	g	0.001	--	0.000	0	0	7.0	0.001	0.001	1	Analytical or derived from analytical	--	07/2010
22:5 n-3 (DPA) ¹	g	0.005	--	0.000	0	0.01	7.0	0.004	0.005	1	Analytical or derived from analytical	--	07/2010
22:6 n-3 (DHA) ¹	g	0.089	--	0.008	0.05	0.11	7.0	0.071	0.107	1	Analytical or derived from analytical	--	07/2010
Fatty acids, total trans	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fatty acids, total trans-monoenoic	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Cholesterol ¹	mg	54	--	3.950	46	58	2.0	37.004	70.996	1	Analytical or derived from analytical	--	07/2010
Amino Acids													
Tryptophan	g	0.212	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	0.829	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Isoleucine	g	0.871	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Leucine	g	1.537	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Lysine	g	1.736	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Methionine	g	0.560	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Cystine	g	0.203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Phenylalanine	g	0.738	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Tyrosine	g	0.638	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Valine	g	0.974	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Arginine	g	1.131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine	g	0.557	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Alanine	g	1.143	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Aspartic acid	g	1.936	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Glutamic acid	g	2.822	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Glycine	g	0.908	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Proline	g	0.669	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Serine	g	0.771	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15033	07/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12d, 2008 Beltsville MD

Footnotes

^a Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 68 mg sodium/100g.